

Online Databases

- *EbscoHost*

Provides full text articles from magazines, journals and newspapers. A patron may log on to Ebsco by clicking on "Research Databases on the Clues Home Page.

www.clueslibs.org

WebSites

- *NJ Dept. of Health & Human Services*

www.state.nj.us/caregivernj

Provides a pocket guide to caregiver resources in New Jersey.

- *Caregiving.com*

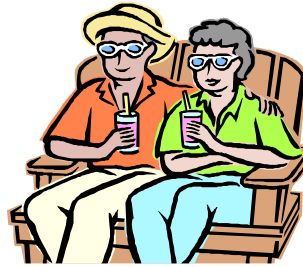
www.caregiving.com/support

Offers resources and support for family caregivers.

- *Today's Caregiver*

www.caregiver.com

Provides information, support and guidance for family and professional caregivers. Back issues of the *Today's Caregiver* magazine are available as well as a newsletter and a discussion forum.



For more information about library resources and services contact these CLUES libraries:

Bridgeton Free Public Library
856-451-2620

Cumberland County Library
856-453-2210

Cumberland County College Library
856-691-8600 ext 2

Millville Public Library
856-825-7087

Vineland Public Library
856-794-4244



For questions or comments about this brochure contact
Millville Public Library
maryjanesh@clueslibs.org

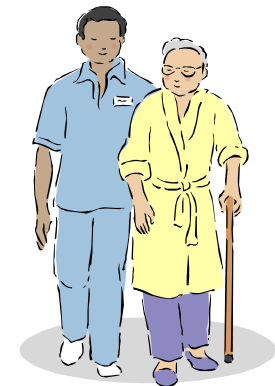
CLUES

Cumberland Libraries United Electronic System

A Pathfinder to Caregiver



Resources



According to the Family Caregiver Alliance, the term caregiver refers to anyone who provides assistance to someone else who is in some degree incapacitated and needs help: such as, a husband, wife, parent, child or a friend who has suffered a stroke, Parkinson's disease, cancer, Alzheimer's disease, brain injury, AIDS, etc.

The informal caregiver and family caregiver are terms that refer to unpaid individuals. They can be primary or secondary caregivers, full time or part time, and can live with the person being cared for or live separately. Formal caregivers are volunteers or paid care providers associated with a service system.



The family caregiver must continually assess the needs for the care -receiver and their own needs. **Because of the stress of caregiving, feelings of guilt, frustration, helplessness, anger or sorrow are not uncommon. At such times, you must ask: Can other family members help share in my caregiving responsibilities? Could I or my family benefit from some kind of support group or counseling?**

There are many agencies to assist caregivers. The following agencies are just a few that will assist caregivers and their needs.

Local Area Agencies:

- Cumberland County Office on Aging
- Jersey Assistance Community Caregiving Program (JACC)
- Caregiver Assistance Program(CAP)
590 Shiloh Pike
Bridgeton, NJ 08302
Ph: 856-453-8066

The Office on Aging & Disabled serves as an advocate for programs and services for senior citizens and the disabled. A few of the services provided are: Homecare options, adult day care, respite care, prescription assistance, etc. Contact the Office on Aging to learn more about the services available to you.

- Community Care Program for the Elderly and Disabled(CCPED)
- Medically Needy Program
- New Jersey Care Program
275 N. Delsea Drive
Vineland, NJ 08360
Ph: 856-691-4600

The Cumberland County Board of Social Services provides adult day care, prescription assistance, home and health care expenses depending on income. Call the number above to learn more about their services.



Listed below are just a few of the many resources available at the **CLUES** libraries in Cumberland County:

Reference Books

- *Caregiving Sourcebook: Basic Consumer Health Information for Caregiving, Including a Profile of Caregivers*
Vineland
- *Elder Care: What to Look For, What To Look Out For!*
Vineland
- *Selecting a Long-term Care Setting: a Guide for New Jersey Consumers*
Bridgeton, Cumberland County and Vineland

Circulating Books

- *The Caregiver's Survival Handbook: How To Care for Your Aging Parent Without Losing Yourself*
Cumberland County
- *The Fearless Caregiver: How to Get The Best Care for Your Loved One and Still Have a Life of Your Own*
Millville & Vineland
- *Focus on the Family Complete Guide To Caring for Aging Loved Ones*
Millville & Vineland
- *The Home Care Companion's Quick Tips For Caregivers*
Bridgeton, Millville & Vineland